



**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions and listings of claims in the application:

1 - 36. (Canceled)

37. (Currently Amended) A method for providing video instruction to a user, comprising:

- capturing a real-time signal of the user engaged in a physical activity;
- ~~generating~~ obtaining real-time information related to the physical activity of the user, wherein the real-time information is extracted from the real-time signal of the user;
- combining the real-time signal and ~~generated~~ the real-time information into an instructional signal; and
- presenting the instructional signal to the user in real-time in a manner that allows the user to perform the physical activity while viewing the instructional signal.

38. (Currently Amended) The method of claim 37, wherein the real-time information is ~~generated by a computer~~ at least one of club speed, acceleration, angle, or deviation from a target location.

39. (Previously Presented) The method of claim 37, wherein the real-time signal associated with the user is captured with a video camera.



40. (Previously Presented) The method of claim 37, wherein presenting the instructional signal further comprises:

projecting the instructional signal onto the eyes of the user.

41. (Currently Amended) The method of claim 37, wherein combining the real-time signal and ~~generated~~ the real-time information further comprises:

formulating the instructional signal such that the user can view the real-time signal and ~~generated~~ the real-time information at the same time.

42. (Currently Amended) A system for providing a real-time instructional video signal to a user, comprising:

a video camera for capturing a real-time image of the user engaged in a physical activity;

a processor for ~~generating~~ obtaining real-time information related to the physical activity of the user, wherein the real-time information is extracted by the processor from the real-time image of the user;

a mixer for combining the real-time ~~signal image~~ and generated the real-time information into an instructional signal; and

a display for presenting the instructional signal to the user in real-time in a manner that allows the user to perform the physical activity while viewing the instructional signal.

43. (Previously Presented) The system of claim 42, wherein the display includes at least one of a head-mounted display or television monitor.

44. (Currently Amended) The system of claim 42, wherein the instructional signal enables the user to view the real-time signal and generated the real-time information at the same time.

45. (Currently Amended) A method for generating a real-time instructional video, comprising:

receiving a real-time signal of a user performing a physical activity;

obtaining real-time information related to the physical activity of the user from a processor, wherein the real-time information is extracted by the processor from the real-time signal of the user;

combining the real-time signal and the real-time information into an instructional signal; and

sending the instructional signal to a display in real-time in a manner that allows the user to perform the physical activity while viewing the instructional signal.

46. (New) The system of claim 42, wherein the real-time information is at least one of club speed, acceleration, angle, or deviation from a target location.

47. (New) The method of claim 45, wherein the real-time information is at least one of club speed, acceleration, angle, or deviation from a target location.